

Amendments to the Specification

Please replace the current Abstract of the Disclosure with:

-- An exemplary exercise system embodiment includes an exercise apparatus having a level of effort that is adjustable with an actuator. The exercise apparatus preferably provides a scripted virtual personal training experience for a user of the exercise apparatus. The exercise apparatus preferably includes a loudspeaker to provide a vocal forewarning of an impending change in the level of effort prior to a change in the level of effort by an automated control of the actuator. An exemplary method embodiment for creating an exercise experience includes providing a scripted virtual personal training experience for a user of an exercise apparatus including a vocal forewarning of an impending change in a level of effort required of the user and automatically changing the level of effort after the vocal warning. --